

Fitness Classes are included with your membership fee, unless noted \$ (Karate, Cedric's Wake-Up has a fee).

Fit Classes **FREE** to Members



STANDARD FIT CLASS RATES
 6 VISIT FIT PUNCH CARD ~ \$60
 DROP-IN CLASS FEE ~ \$15 PICKLEBALL ~ \$3

WISCASSET COMMUNITY CENTER

Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00						
5:30						
6:00				AM Mix 5:30 - 6:30 Gym		
6:30						
7:00						
7:30	Pickleball Gym 3 courts 7:30 - 10:00	Pickleball Gym 3 courts 7:30 - 10:00	Pickleball Gym 3 courts 7:30 - 10:00	Pickleball Gym 3 courts 7:30 - 10:00	Pickleball Gym 3 courts 7:30 - 10:00	PIYO 7:00 - 8:15
8:00	Yoga w/ Jake SenCen 8 - 9:15	Waterwork Pool 8:30 - 9:30	Yoga w/ Jake SenCen 8 - 9:15	Waterwork Pool 8:30 - 9:30	Yoga w/ Jake SenCen 8 - 9:15	Waterwork 7 - 8:00a
8:30	Waterwork Pool 8:30 - 9:30		Waterwork Pool 8:30 - 9:30		Waterwork Pool 8:30 - 9:30	Karate (\$) 8:00 - 10:00
9:00						SenCen or Gym
9:30						
10:00	Line Dancing 10 - 11:00	Senior Flex 10 - 11:00p Mobility		Senior Flex 10 - 11:00p Mobility	Zumba Gold 10:00 - 11:00	
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30		Karate (\$) Lil Nij 4:30 - 5:30		Karate (\$) Combo 5:30 - 6:30		
18:00	Waterwork Pool 6:00 - 7:00	Balance & Flow, SC 6:00 - 7:00	Waterwork Pool 6:00 - 7:00	Cedric's Wake-Up Challenge (\$) 6:00 - 7:30	Cedric's Challenge 6:30 - 7:30	
18:30		Tao 5:30 - 6:30	PIYO 6:00 - 7:15 Gym			
19:00		Cedric's Challenge 6:30 - 7:30				
19:30						
20:00						
20:30						

Please watch for gym, pool and Senior room closures and schedule updates - All times are SUBJECT TO CHANGE

Pickleball - Monday - Friday mornings from 7:30 - 10:00 am, also offered outside at WMHS Tennis Courts

Summer hours will start in Mid-May, look for updates

Fitness Classes offered at the WCC, in the Gym, Senior Center and Pool

BUILDING HOURS FOR THE WCC, WCC POOL HOURS ARE DIFFERENT (SEPARATE SCHEDULE)

Monday - Thursday 5:00 am - 8:30 pm
 Friday 5:00 am - 6:00 pm
 Saturday 7:00 am - 2:00 pm
 Sunday CLOSED



www.wiscassetrec.com